



FEBRUARY NEWS

Think Spring!

More Plans for AIP Benches



Two benches at the Eliot Boat Basin turnaround.

AIP Vice Chair Nedra Sahr met with Eliot Public Works Director Steve Robinson to discuss how the Town can assist AIP in caring for the landscaping and plantings around the AIP benches installed at the Eliot Boat Basin (also known as Dead Duck).

Two of the seven AIP benches (not pictured) were initially installed along the river on the grass facing the water so people could sit and enjoy the view. However, natural growth covers that view every spring and summer, blocking the view. Those bench settings will be reviewed when flora returns to see if the area can be landscaped to allow for the view. If not, the benches may be moved to the Dead Duck playground for better enjoyment.

Walking paths that have been overgrown by flora will be pruned so the paths can be accessed and enjoyed. If you are interested in helping prune this area, please contact Nedra at AIPNedra@gmail.com. Steve advised again using chain saws! Public Works staff will assist with spreading mulch and investigate running a waterline to make watering the plantings easier. We look forward to adding to the benches for further public enjoyment.

AIP Salutes Eliot Pickleball, Walking, and Biking Enthusiasts

Over the past year, AIP has enjoyed working with residents and Town officials in efforts to improve our community for the benefit of all. Funding from the American Rescue Plan Act (ARPA) are making two such efforts a reality. These improvements help us all get out, get active, and connect with each other, all key aspects of healthy aging.

Eliot residents Lorrie Oeser, Diane Cullen, and Barb Meadows, and Eliot's many pickleball enthusiasts involved AIP in their efforts to improve pickleball facilities at Frost Tufts Park. Their efforts have led to the Town approving \$110,000 to improve pickleball, basketball, and tennis facilities at Frost Tufts Park.



People playing pickleball

Pickleball is enjoyed by players of all ages, check out the sport [here](#). This fast-growing sport combines tennis, badminton, and ping-pong. Stay tuned for more information about pickleball at Frost Tufts Park.

Town Planner Jeff Brubaker's study and project to improve safe walking and biking around Town has earned \$225,000 in ARPA funds. With the help from Town employees, Jeff completed thorough research and prepared his study, "Improving Conditions for People to Walk and Bike in Eliot." You may find Jeff's study online [here](#).

Help enrich Eliot as an AIP committee member



AIP members in the Eliot Festival parade

Eliot's Aging In Place Committee has an open seat for an alternate committee member. Terms are two years. AIP meets every month on the third Thursday from 4:00-5:30 pm. Alternate members play a vital role in the committee's function and attainment of its goals by sharing opinions, ideas, and concerns, and leading or participating in AIP projects. Plus we have a lot of fun. If you are interested, contact Chair Ellen Ceppetelli at AIPellencepp@gmail.com.

Assistance available to those in need

Southern Maine Agency on Aging

(SMAA) has been a primary advocate in Maine for the well-being of older adults and their families for nearly five decades. The organization can assist in many ways. SMAA is online at smaa.org and by phone at 207-396-6500.

Community Services helps older adults, adults with disabilities, and family caregivers sort through the programs and services available to help live independently well into senior years. SMAA will help you figure out if you are eligible for state benefits programs and assist you with completing applications. Give them a call at (207) 396-6500.



Maine Equal Justice



Maine Equal Justice provides assistance to Mainers who need help to meet basic needs like housing, food, and healthcare. Applying for benefits can be difficult and discouraging. Maine Equal Justice listens without judging and does whatever they can to solve the problem. For more information, visit maineequaljustice.org or call (207) 626-7058

The Town of Eliot provides General Assistance to those in need. Eliot residents can apply for General Assistance at the Eliot Town Office, 1333 State Road on Thursdays from 8:30am-3:00pm. Upon request and necessity, additional appointment times will be considered. Call 207-439-1817, extension 108.

Creative Connection

AIP's Maureen Clark welcomed five members to the current Creative Connection group. The group runs six weeks and meets online via Zoom. Through conversation and self-expression in arts and crafts exercises, members connect and share their experiences and feelings. Members set the tone for their group, typically fun and welcoming. AIP will offer this opportunity regularly throughout the year as it provides an important sense of connection and community. For more info for future groups, contact Maureen at maureeneliotaip@gmail.com



STAY IN TOUCH WITH AIP

AIP Monthly Newsletter

For delivery to your email, write AIP at AIP@eliotme.org

For delivery to your mailbox, drop AIP a note with your address to AIP, Eliot Town Offices, 1333 State Road, Eliot ME 03903 or email AIP at AIP@eliotme.org

AIP on Social Media

Facebook: facebook.com/aipeliotme

Instagram: [aipeliotme](https://instagram.com/aipeliotme)

AIP Monthly Meeting

AIP holds its public meeting on the third Thursday of each month from 4:00pm to 5:30pm at Town Hall. Join us in person or online via the live streaming.

AIP Action Plan and Town documents maybe found online at eliotmaine.org/aging-place-committee.



Tuesday, March 1
Mardi Gras



Sunday, March 13
Spring forward



Thursday, March 17
St. Patrick's Day



Sunday, March 20
First Day of Spring



Aging In Place is a Town of Eliot committee, serving our community.

Web: eliotmaine.org/aging-place-committee

Facebook: facebook.com/aipeliotme

Instagram: [aipeliotme](https://instagram.com/aipeliotme)

Email: AIP@eliotme.org